



Shrimp-and-Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille smoked sliced
- ☐ 2 bay leaves
- ☐ 1 bell pepper diced
- ☐ 28 ounce canned tomatoes with juice crushed canned
- ☐ 3 rib celery chopped
- ☐ 4 cups chicken broth
- ☐ 2 teaspoons creole seasoning
- ☐ 1 teaspoon thyme leaves dried

- ☐ 4 garlic cloves minced
- ☐ 4 green onions chopped
- ☐ 1 large onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 2 cups rice long-grain uncooked
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons vegetable oil

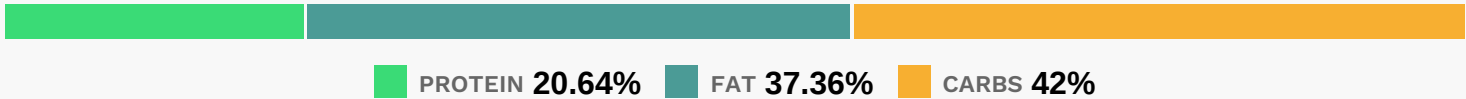
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add sausage, and cook, stirring constantly, 5 minutes or until lightly browned.
- ☐ Remove sausage with a slotted spoon; set aside.
- ☐ Add onion and next 7 ingredients to hot drippings in Dutch oven; saut 5 minutes or until vegetables are tender. Stir in reserved sausage, tomatoes, broth, and rice. Bring mixture to a boil, reduce heat, and simmer, covered, 25 minutes or until rice is tender.
- ☐ Stir in shrimp; cover and cook 5 minutes or until done.
- ☐ Sprinkle each serving with green onions.

Nutrition Facts



Properties

Glycemic Index:36.15, Glycemic Load:25.15, Inflammation Score:-8, Nutrition Score:19.186086903448%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 474.78kcal (23.74%), Fat: 19.77g (30.41%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 46.39g (16.87%), Sugar: 6.57g (7.3%), Cholesterol: 133.89mg (44.63%), Sodium: 1120.64mg (48.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Manganese: 0.89mg (44.44%), Vitamin C: 31.63mg (38.33%), Copper: 0.58mg (29.04%), Phosphorus: 287.67mg (28.77%), Vitamin K: 29.02µg (27.63%), Selenium: 15.9µg (22.71%), Vitamin B3: 4.31mg (21.56%), Vitamin B6: 0.43mg (21.27%), Potassium: 718.59mg (20.53%), Vitamin B1: 0.3mg (20.31%), Zinc: 2.95mg (19.66%), Vitamin A: 962.03IU (19.24%), Iron: 3.12mg (17.33%), Magnesium: 66.25mg (16.56%), Vitamin B2: 0.27mg (15.93%), Vitamin B12: 0.88µg (14.66%), Fiber: 3.61g (14.42%), Vitamin E: 2.09mg (13.96%), Calcium: 111.48mg (11.15%), Vitamin B5: 1.09mg (10.92%), Folate: 34.8µg (8.7%), Vitamin D: 0.62µg (4.16%)